

Carlisle Connection

April 2014

*Serving
Carlisle's 60+
Community*



COA Official Town website: www.carlislema.gov

Friends of COA: www.carlisle.org/foccoa

66 Westford Street Carlisle, MA 01741

Message from the Director - Transport & More Transport - Have you noticed that there seems to be a lot of talk about transportation lately? Just this week the American Public Transportation Association reported that national ridership grew to 10.7 Billion trips last year. That's the highest total level of public transportation usage since 1956. Transit ridership is up 37.2% since 1995, which outpaced the national population growth of 20.3%. In Massachusetts, Governor Patrick issued Executive Order 530. This is a Commonwealth wide effort to examine and offer suggestions to improve/reform Community, Social Service and Para transit transportation, while also emphasizing bridge and road repairs.

Carlisle Transportation Survey – Results are in for the town-wide survey to try to find out more about the need for public transportation among Carlisle's disabled and senior population. Of the more than 145 responses, 88 residents offered comments or suggestions, while 40 indicated a direct physical or mental challenge that made driving difficult, if not impossible. Of that last group, 35 were seniors and 5 were among Carlisle's adult, non-senior disabled population. Seven people asked for rides for their school children, 17 asked for rides to commuter rail train stations, and 31 requested rides for medical purposes. Challenges indicated in survey responses included: age, medical injury, disease or condition, eye issues, and even lack of driver's license.

Currently, the only available public transit for Carlisle seniors and the disabled are the COA mini-buses. The COA vehicles run on weekdays by appointment mostly between the hours of 9 am and 3 pm. In 2013, the COA provided an average of 148 rides per month. Two things are happening that may augment transportation services. First, through the town's relationship with the Lowell Regional Transit Authority (LRTA) a grant application was submitted to obtain a new mini-van sized wheelchair 'accessible' vehicle. Secondly, as mentioned in the Mosquito, the Selectmen submitted a warrant article for town meeting consideration of a pilot program that would fund a voucher/discount program for rides on the new vehicle for disabled and senior residents. If the grant for the new vehicle is awarded, the Town will go through an 'RFP' process to identify a local taxi or Para transit firm to handle both the driving and the dispatching. Much remains to be done, and quite a bit of it is grant-dependent, but hopefully it will be worthwhile.

Warm Regards, *David Klein, Carlisle COA Director*

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Save the Date!

**Chelmsford
Crossing/
Minuteman
Senior Lunch**
Wednesday May 7

**Carlisle House
Tour 2014**
Friday, May 16
9:30am - 2:30pm

**Annual Spring
Fling**
Friday, June 6th
from 6:00 - 8:30pm.
Polish up those
dancing shoes!

More information
to come in the May
newsletter.

CARLISLE COA OFFICE HOURS

Monday 9am - 5pm
Tues - Thu 9am - 3pm
Friday 9am - 1pm

(978) 371-2895 Office
(978) 371-6690 Van line
(978) 371-6693 Director

COA Staff

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COA Board Officers

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Vice-Chair
Liz Thibeault
Treasurer
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Co-Secretary
Elizabeth Acquaviva
Liz Bishop

Board Members

Tom Dunkers Joanne Willens
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Jean Sain Lillian DeBenedictis

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Mary Daigle
Sandy McIlhenny
Natalie Ives
Stephanie Blunt



TRANSPORTATION

Van Line Reservations: (978) 371-6690 or email coaride@carlisle.mec.edu

The COA transportation services are available to all senior and adult disabled Carlisle residents during regular COA hours of operation.

DONATIONS/FEES*: Van rides within Carlisle and the Friday shopping trips-free; rides within 15 miles, suggested donation \$2, Van rides over 15 miles away \$5. *Parking fees are the responsibility of the rider.

Medical appointments Call at least 2 days in advance if possible. We do not provide medical rides to Boston or Cambridge at this time. Please call 911 for Emergency.

Local grocery /Shopping trips

Join us every Friday morning at 9:00am for the **Free** Weekly Grocery Shopping Trip to Market Basket in Westford. Call to make reservations (978) 371-6690. Van leaves VC at 9:00am.



Van pick-up for the FRS monthly lunches

Village Court pickup at 11:15 and Congregational Church at 11:30. Please call the van line to confirm attendance.

TRIPS

Theatrical Happenings

Newport Playhouse Lunch and Play **"My Husband's Wild Desire"** **Wednesday April 9**

Ticket price is \$49.95 unless we get a minimum of 15 people; price will then be \$46.00. \$5.00 van fee. Leave VC at 8:45am, CC 9:00am, return between 6-7pm.

Stoneham Theatre "Menopause The Musical" **Wednesday, June 25**

Register by calling Joanne Willens at (978) 371-8023. Make checks payable to Carlisle COA, due upon registration. *Correct change for van fee is greatly appreciated for all trips and rides.*

Merrimack Outlets **Monday, April 14**

Join us as we return to the Merrimack Outlets. Deadline for registration is Monday, April 7. Leave VC at 9:00am, CC at 9:15am. Return around 3:00pm. \$5 van fee.



The Concord Players Present **Monty Python's Spamlot** **Senior Open Dress Rehearsal** **Thursday, April 24th 8pm** **51 Walden St. Concord**

Plan to attend this wonderful event. Tickets are \$10.00 at the door and it is open seating. Regular tickets are \$25.00 so this is a real deal! April 25, 26, 27 (matinee), May 2, 3, 4 (matinee), 9, 10. Evenings 8:00pm, matinee 2:00pm.

Restaurant Reviews

Call Joanne Willens at (978) 371-8023 to register.

Zaftigs Delicatessen in Natick **Monday, April 7**

Join us for a delicious lunch at Zaftigs Delicatessen. Zaftigs serves traditional Jewish-Style offerings of corned beef, pastrami, potato pancakes and chicken soup in addition to over 200 creative and diverse menu items. Van fee \$5.00. Leave VC at 10:00am, CC at 10:15am, return between 3:00 and 4:00pm.

Panera Bread in Westford **Monday, May 5**

Leave VC at 10:45am, CC at 11:00am, \$2 van fee. Return around 2:00 pm.



Shifting Gears **Tuesday, April 1, 1:00pm** **Clark Room Town Hall**

How to stay safe while you are driving and when we or those we care about should stop driving.

Michele Ellicks, Community Outreach Coordinator for the Massachusetts RMV will join us to speak about the resources available through the Registry. She will highlight some driving tips and also help us all tell when we and those we care about need to stop driving. Michele Dolan and Kristen Keilty, Occupational Therapists and Driving Specialists, from Emerson Hospital's *Keys to Independence Program* will also join us. The *Keys to Independence Program* is an evidence-based driver assessment program geared toward adults who have undergone a change in health status (ie. stroke, dementia, eye issues, etc.)

FOOD COURT & Miscellaneous Activities



Monthly Coffee

Wednesday, April 2, 9:00am

Mingle with your neighbors at this relaxed, **FREE** coffee hour at the Sleeper Room at Village Ct. Coffee is hosted by School Administrative Staff: Joan Wickman, Dennet Sidell, Jack Tiano, Susan Pray, David Flannery, Claire Wilcox. Come, enjoy good food and meet old and new friends.

Chelmsford Crossing/Minuteman Senior Lunch, Thursday, April 3 at 12noon

Come to St Irene for a delicious lunch cooked by Chelmsford Crossing and supported by Minuteman Senior Services. Lunch is hosted by Minuteman Senior Services. Menu: stuffed peppers, mashed potato, peas n pearl onions, and dessert. Register at (978) 371-2895 by noon on Thursday, March 27. **Following the lunch:** **Hazard Kitchen: The Carlisle Fire Department** will provide information on safe cooking and the proper use of fire extinguishers. There will be hands-on activities including a prop where you can role play what to do in case of a kitchen fire. The event is co-sponsored by the Board of Health which will have educational materials on the use of medical oxygen, why it is important to stop smoking regardless of age and other tips for living safely and independently.

COA Lunch, Thursday, April 17, 11:45am

Join us at FRS and enjoy the company of your senior friends and neighbors. This meal is run by our wonderful team of COA Volunteers headed by Verna Gilbert. Menu: pizza, salad and desert. Suggested seniors donation: \$3. To register call the COA at (978) 371-2895 no later than noon on Monday, April 14 Shuttle available, see page 2.

Following the lunch: **Frank Rigg, former Director of the Paul Revere Memorial Association**, and Curator of the John F Kennedy Presidential Library and Museum, will discuss The Midnight Ride of Paul Revere. He will explore the mythical and historical Paul Revere and the portrayal of that ride in Henry Wadsworth Longfellow's famous poem.

"SENIOR MOMENTS" at Ferns **April 14 and 28 from 9:30-11am**

A casual drop-in for Carlisle seniors 60+. **FREE** goodies provided by the Carlisle COA. Start your morning off with good coffee, food and friends! Ferns gives a 10% discount to attendees for coffee.

Men's Breakfast

Thursday, April 10 at 8am

Held at the Sleeper Room at Village Court each month. Enjoy this generous, hearty breakfast prepared by volunteer chef Andy Cutter and helpers. Suggested donations: \$3 for Men's Breakfast.



Minuteman Regional Tech Lunch

Tuesday, April 8, 11:45am

Choose from meals created with great care by the culinary arts students at Minuteman Regional Tech. Call the COA by Thursday, April 1 at noon to register. Menu choices include Baked Haddock New England, Chicken Cordon Blue, or Vegetarian meal based on seasonal vegetables along with starch, chef's choice.

Cost: \$10 plus tip, payable at school.

Student Council Tea

Thursday, May 1, 1:00-2:00 pm

The Carlisle Middle School Student Council invites all Carlisle Seniors to an afternoon tea in the School Community Room. Come enjoy a lovely afternoon with our talented students, have some refreshments, play some games, and talk with our hosts and fellow seniors. Tara Callahan, choir director, will offer a sing-along for the students and seniors during the second half of the Tea. The students are looking forward to seeing the seniors again this year! Please call the COA at (978) 371-2895 to let us know if you can attend by April 24 at noon.



Save the Date! May 6

Jeannie Lieb invites us to visit her barn at 288 Maple St., where she uses her "mending" skills to "rescue" lost Arabian horses. More information to come!

****NOTE:** COA Lunches, Monthly Coffees, Mens and Womens Breakfasts, are sponsored in part by the Friends of Carlisle COA, the Council on Aging, and other private donations. If you are attending an event at the Sleeper Room at Village Court, please park on the street as parking in Village Court are for residents only. Thank you. Please call the COA at (978) 371-2895 to register as noted.

Outreach with Angela

I recently learned of two effective programs that many of you may find *very* helpful. Lisa MacDonnell, M.T., offers a workshop, **Preparing for Surgery, Heal Faster**, that assists patients in achieving optimal results in healing. Lisa also does **Guided Self-Healing** sessions that can help free you of long-standing symptoms or issues you can't resolve. She practices an integration of traditional and body-centered psychotherapies. For more info on both programs, view her website at lisawmacdonnell.com

If you are having surgery at Emerson Hospital, the **Preparing for Surgery** workshop is offered **FREE**, and can be scheduled by calling Emerson Hospital at, 978-287-3777. The workshop includes Peggy Huddleston's book and CD that you will individualize and use at home prior to your surgery. The workshop supports you in being an active participant in your healing and prepares you in the best of ways. Peggy Huddleston's web site is <http://www.healfaster.com/>. Lisa has arranged for us to have a number of these books and CDs available here on loan. If you are having surgery in the future, seriously consider taking advantage of this workshop! Lisa can be reached via email at whitmacd@comcast.net or by phone: **978-505-9433**.

Best, Angela Smith, COA Outreach & Program Manager

Community Events

Community Conversations at Gleason Public Library

Please join us. No registration required. 1:30-2:30pm

Understanding State and Federal Estate and Gift taxes Attorney Eric Prichard, Brown & Brown, PC, Bedford, MA Tuesday, April 15

Did you know that if you pass away with more than \$1 million in your estate (including real estate, life insurance and retirement accounts, as well as cash and other investments) you could be subject to the Massachusetts estate tax?

Likewise, if your estate is worth more than \$5.34 million, the federal government could also tax you upon death. In this conversation, you will learn how the state and federal estate taxes work, who is subject to taxation and some common sense steps that you can take to reduce your estate tax burden. We will also touch upon the often misunderstood gift tax.

Mass Save Program Home Energy Assessments Fred Schlicher, Next Step Living Community Program Manager Tuesday, April 29

Join us to learn how the no-cost Mass Save Home Energy Assessment can help you make your home more energy efficient, more comfortable and save you money. Your 2-3 hour Home Energy Assessment will install instant savings measures such as CFLs, low-flow shower heads and provide a 7-day programmable thermostat. Also and analysis of your home and recommendations on increasing your home's efficiency will be provided. Your Energy specialist will discuss additional incentives covered by Mass Save such as:

- 75% off - up to \$2000 - for qualifying insulation improvements
- No-cost, targeted air sealing
- 0% interest HEAT loan to assist with qualified energy-efficient improvements
- Significant rebates for high-efficiency heating and hot Water equipment



Caregiver Support Group Hollis Room Gleason Library Monday, April 14, 3:30pm

Anne Marie Rowse of Senior Care Advisors, will facilitate a free Support Group for those caring for aging loved ones experiencing challenges, as well as information for family members or elders looking for health care information. For information, email amorowse@charter.net.



Hair Cuts on the Go! Wednesday April 23 Town Hall

Different day of the week! Suzanne Hickey and Georgia Triantafyllis are coming to Town Hall to provide haircuts to the Seniors for \$10.50. Appointment is 15 minutes. Tell a friend! Call the COA at (978) 371-2895 for your appointment between 9:30am and 11:30am.

FOR YOUR HEALTH



EXERCISE CLASSES - Mind & Body

NOTE: To sign up for the following programs, call the COA office at (978) 371-2895 (minimum # required). Stop in and try a class/day for free (except yoga)!

Mondays April 7, 14, 28

Intergenerational Tap- 1:30-2:30 FRS Union Hall. Instructor Katrina Rotondi. Everyone 12 & older. Bring your tap shoes and join in the fun! **Fee: \$40.00 (March-May)**

Tuesdays April 1, 8, 15, 22, 29 St Irene

Zumba-10:45-11:30am Taught by Zumba Certified Instructor Katrina Rotondi. **Fee: \$40 (Mar-May)**

Tai Chi- 1:00pm No registration required! An informal group of **any age**. Wear loose fitting clothing, soft soled shoes. Enjoy this **FREE** program!

Ballroom Dancing - at 2pm April 1, 8, 15, 22, 29, May 6, 13, 20, 27. Wear leather-soled shoes. Old and new attendees welcome. **FREE** due to the generosity of our teachers, Barry Kasven and Cynthia Horn. To register call (978) 371-2895.

Wednesdays April 2, 9, 16 St Irene

Yoga - 9:30 - 10:30am. Beginning and continuing students will learn yoga techniques to reduce stress, improve concentration, and develop a healthy and strong body.

Chair Yoga- 10:45-11:45am. An alternative to traditional yoga, which may be too challenging for certain individuals.

Fee for Yoga classes: \$90 for 6 wks, \$30 for Carlisle seniors. Call (978) 369-9815. **Checks payable to Carlisle Recreation Dept.**

Thursdays April 3, 10, 17, 24

Fitness Class - 9:45am Clark Room at Town Hall Great for all ability levels, may be done in a chair. Wear comfortable clothes, **Fee: \$40 (Mar - May)**

Cardio-Boost Class - 10:45am Congregational Church. A heart-healthy, aerobic workout. Bring hand weights and wear comfortable clothes. **Fee: \$40 (Mar-May)**

Fridays April 4, 11, 18, 25

SAMA-10:45am Clark Room at Town Hall. (Senior Approach to Martial Arts) martial arts moves to help keep joints and minds flexible while increasing balance. 50+ welcome. Taught by Sensei Tony Hanley. **Fee: \$100/10wks.**

Monday-Friday, Inside Walking at Carlisle School Gym 6:45-7:30am. For security reasons the gym will not be left open. To walk you **MUST** call David Flannery (978) 371-2279 any time after 4:00pm the day before and before 5:00am the day you want to walk. Carlisle Schools closed April 21-25.

Free Blood Pressure Clinics

Wednesday, April 2, 9am

COA Coffee, Sleeper Room, sponsored by Life Care Center of Nashoba Valley.

Thursday, April 3, 11:30am

Chelmsford Crossing Lunch, St. Irene, sponsored by COA volunteer.

Thursday, April 10, 8am

Men's Breakfast, Sleeper Room, sponsored by Home Instead.

Thursday, April 17, 11:00am

COA monthly lunch, FRS, sponsored by FCCOA and Emerson Home Care.

Monday, April 28, 10:00am

Senior Moments, Ferns, sponsored by Right at Home.

Podiatry Clinic

Tuesday, May 6



Sleeper Room at Village Court

Call the COA (978) 371-2895 to make an appointment. **Cost:** \$20 (partially funded by Friends of the Carlisle COA). Checks made to Carlisle COA or cash; payable day of clinic. For Carlisle "60+ residents." Next clinic is July 1.



BOOK CLUB

Carlisle Community Book Club

Monday, April 14, 10:15am






Gleason Library Hollis Room

We will be reading "Home Front" by Kristin Hannah. For information contact Mary Zoll, (978) 369-5236.

April Chuckle

A speeding driver was pulled over by a policeman. He asked, "Why was I pulled over when I wasn't the only one speeding." The policeman replied, "Have you ever been fishing?" The man then said, "Yes." Have you ever caught all the fish?" asked the policeman.

APRIL 2014

SUN	MON	TUE	WED	THU	FRI	SAT
	Note: Carlisle Schools will be closed April 21-25.	1  Poetry 10:30 Heald Rm Town Hall Zumba-10:45am St Irene Tai Chi-1:00pm St Irene Shifting Gears 1-3pm Town Hall Clark Room Ballroom Dancing 2-3 St Irene	2 COA coffee & BP 9:00am Sleeper Rm Yoga-9:30am Chair yoga 10:45am Sleep Disorder 7:00pm Gleason Library Hollis Rm	3 Fitness - 9:45am Cardio - 10:45am Chelmsford Crossing BP 11:30am, lunch 12 noon St Irene, following lunch: Hazard Kitchens	4 Grocery Shopping-VC 9am SAMA-10:45am	5
6	7 Restaurant Review-Zaftigs Deli, VC 10:00 am, CC 10:15am Tap-1:30-2:30pm FRS	8 Zumba-10:45am St Irene Minuteman Regional Tech lunch-11:45am Tai Chi-1:00pm St Irene Ballroom Dancing 2-3 St Irene	9 Newport Playhouse VC 8:45am, CC 9:00 am Yoga-9:30am Chair yoga 10:45am	10 Men's Breakfast & BP 8:00am Sleeper Room Fitness - 9:45am Cardio - 10:45am	11 Grocery Shopping-VC 9am SAMA - 10:45am	12
13	14  Merrimack Outlets VC 9:00am, CC 9:15am Sr. Moments 9:30 Ferns Book Club-10:15am Hollis Rm Gleason Library Tap-1:30-2:30pm FRS Care Givers Support 3:30pm Hollis Rm	15 Zumba-10:45am St Irene Tai Chi-1:00pm St Irene Community Conversation 1:30 Understanding Estate Tax Gleason Public Library Ballroom Dancing 2-3 St Irene 	16 Yoga-9:30am Chair yoga 10:45am Heart Healthy Dr Pinsky 1:30pm Gleason Library Hollis Room	17 Fitness - 9:45am Cardio - 10:45am COA Lunch -11:45am FRS followed by Frank Rigg Paul Revere Presentation, BP 11 KISS 7:30pm	18 Grocery Shopping - VC 9am SAMA - 10:45am	19
20 Happy Easter 	21 COA CLOSED FOR PATRIOTS DAY Boston Marathon 	22 Zumba-10:45am St Irene Tai Chi-1:00pm St Irene Ballroom Dancing 2-3 St Irene	23 Hair cuts on the go Town Hall, call for appointment , 9:30-11:30am	24 Fitness - 9:45am Cardio - 10:45am Concord Players Spamalat 8:00pm	25 Grocery Shopping-VC 9am SAMA - 10:45am	26
27	28 Sr. Moments 9:30 Ferns , BP 10:00am Tap-1:30-2:30pm FRS Town Meeting 7:00pm	29 Zumba-10:45am St Irene Tai Chi-1:00pm St Irene Mass Save Pgm 1:30pm Gleason Library Hollis Rm Ballroom Dancing 2-3 St Irene	30 Oral Health 7:00pm Gleason Library Hollis Room	NOTE: inside walking -M-F 6:45-7:30am Carlisle Public School	See page 5 for more information.	

**Town of Carlisle
66 Westford Street
Carlisle, MA 01741**

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This newsletter is mailed in part with a grant from the Executive Office of Elder Affairs.
Special thanks to the Friends of the Carlisle Council on Aging and the Concord Carlisle Community Chest for their support of COA programs and their assistance over the years.

Health Events

The Friends of the Council on Aging and the Friends of Gleason Public Library are sponsoring a series of informative talks on important health issues this spring. Call (978) 369-4898 to reserve a seat for these free lectures. All lectures will be held at the Hollis Room of the Gleason Public Library.

Wednesday, April 2, 7:00pm

“Architecture” of a Normal Night’s Sleep with Neil Kruszkowski, director of Cardiopulmonary/Neurology/Sleep disorders at Emerson Hospital, will be discussing the elements and “architecture” of a “normal” night’s sleep. He will also talk about what can go wrong with sleep and the overall health effects of disordered sleep, as well as various common therapies.

Wednesday, April 16, 1:30pm

How to Keep Your Heart Healthy with Dr. Lincoln Pinsky, board certified in Cardio Vascular Disease & Internal Medicine, most recently at Lowell General Hospital. Would you like to understand how to prevent a stroke or heart attack and know more about atrial fibrillation? Dr. Pinsky will provide information and answer your questions regarding cardiac issues.

Wednesday, April 30, 7:00pm

The Relationship between Oral Health + General Health with Andrea Richman, DMD, past president of the Massachusetts Dental Society and General Dentistry practice in Carlisle. Learn how proper oral care changes over the years, and how best to prevent problems. She will also discuss the various options for replacing missing teeth and answer any questions you may have.

Wednesday, May 21, 1:30pm

Understanding Osteoarthritis and Rheumatoid Arthritis with Dr. Alan Marks, board certified in Rheumatology and Internal Medicine and on staff at Emerson Hospital. RA is the most common form of inflammatory arthritis, affecting about 1.3 people in the U.S. Learn what RA is, the difference between RA and Osteoarthritis, what you should ask your Rheumatologist, treatment options and more.